



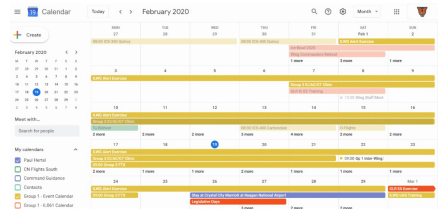
THE ILLINOIS WING RECAP!

Where Imagination Takes Flight



Upcoming Events

Check the wing calendar regularly for new and updated events. [Calendar](#)



Help Wanted

An Assistant Director of Finance
Contact [Lt Col Gary Wolfe](#)
Director of Finance, Illinois Wing



Illinois Wing Diversity inclusion, while it is a new field it is going full speed. So you may ask yourself, "How do I join and What do they require?" We want members who are DEDICATED To DIVERSITY AND INCLUSION THROUGHOUT THE ILLINOIS WING. We have an excellent group of people in central and northern Illinois but will always have room for more. The big word is **DEDICATED**. We want members who will actively participate in a whole new area of Civil Air Patrol to make the improvements you know you can assist in. The program is simply reminding other people that everyone in Civil Air Patrol makes a difference. We need to acknowledge that our female cadets and Seniors make up 1 out of 5 members, we're losing their talents. Minorities and physically challenged people have a right to be in Civil Air Patrol also. It's not their "disability" but their "Ability". So one of our tasks is to assist units in recruiting the people who have been left out. One of our Team Members has a lifetime physical disability yet she has attended 11 encampments in a row.. so let's find people that aren't exactly like us and give them a Civil Air Patrol experience that they're not getting now.

Please contact Major Jaquelyn Rounds at jrounds@ilwg.cap.gov. You can make a difference

Hello Illinois Wing,

The times we find ourselves in are certainly unprecedented and very uncertain. It takes a lot to shake up the entire world, and Covid-19 is proving to be such an event. In the history of our society, this has happened before and will probably happen again. We need to focus on the now and make it through this event so we can return to life as we have known it for the last few decades. Covid-19 is an attack on our society and world, much like a world war conflict, and it reminds me of the 911 attack too.

So, what can I say or do to make things better, probably very little, but I will give it a try anyway.

I hope by now you had seen or heard our Illinois Wing slogan "Together We All Succeed" I came up with this just before our 2019 Wing Conference because I needed some way of rallying all our members around a common goal and drive. In many ways, we have proven this to generally be true that when we pull together, we are successful. You can see this is true when we carry out a large Emergency Services mission, for example. It is also true right now where we are aiding communities with food distribution. However, I was recently challenged on this since some of our members may be limited in what they can do. Some examples of this are younger cadets who are sometimes restricted from participating due to their age, or others (essential workers) who may have time constraints preventing active

mission participation, or members who have physical handicaps. So, does this mean we don't live up to our slogan "Together We ALL Succeed"? Absolutely not! By the simple fact of being an active Civil Air Patrol member, you are contributing to our success. As members, we are bound and expected to uphold the regulations of our organization and to live by the Core Values, thus making The Civil Air Patrol and the Illinois Wing strong and successful. No matter where you are in your CAP career, I offer the following food for thought, especially now when we all want to be contributing in some way, either in public or at home, even if certain restrictions limit your reach.

STRENGTH HOPE COURAGE

Be INSPIRED by STRENGTH in our organization for improving both yourself and the Civil Air Patrol.
Be MOTIVATED by HOPE for good things to happen in the future, strive towards growth and excellence.

Be DRIVEN by COURAGE to push yourself in executing what inspires and motivates you!

These principles are found in our 5 Pillars for Resiliency and Wellness

Be well, be safe, and remember: Together We ALL Succeed
Col Dempsey

Promotions! Awards! Duty Assignments! New Members!

Personnel Announcements are now located in the wing [Personnel Announcements](#) web page. Click below to directly access each report. Thank you Wing Director of IT, Lt Col Ed Danely for creating the page and uploading the reports. Thank you Wing Director of Personnel, Lt Col Rich Miller for providing the reports.

2020-04 Announcements

2020-03 Announcements

2020-02 Announcements



Congratulations to the members, parents and spouses of Woodfield Composite Sq on earning the QCUA and Squadron of Merit!

From Chaplain, Major, Le'on Willis

One of the unique things about life (experience) it presents us with challenges that only time have determined. Who, would have thought last years that we would have unemployment of 14.7% or we would have deaths totaling nearly eighty thousand due to a virus in 2020?

Experience is a teacher that doesn't have a degree, yet it has more knowledge than the most educated person. At this time in our lives we are challenged with ethical and morals issues like we have never seen before. One of these issue being do I choose life over economics or economics over life? This is a question that has caused people to loose friendships. It is almost like, what came first, the



chicken or the egg? In this scenario, it appears not to be a right or wrong answer. The answer for each person depend on their need or greed. During this span of our lives is a time for us to learn how to disagree to agree. We need each other to help fight the unseen enemy that doesn't need an alliance with anyone to conquer the world. As the death total continue to rise is it possible for us to forget our differences? We must realize that we have a greater foe than our differences. If we are able to stand in unison against this enemy we can be victorious and our differences will not matter realizing that we all stand for one purpose, one cause, because we are all in this together.

I have lived a relative long life, traveled a lot, and seen many things. Yet, I am dumbfounded by the way we treat each other when we feel that we don't need each other anymore. As we journey through this time in our lives there is one thing that we all should have learned. Mr. Coronavirus 19 doesn't need a friend, but we do. As we see people departing this world sad, and along my heart goes out to those people and their love one.

Doctors, nurses, first responders, policemen, service workers and many more have given their lives that someone else may live. This was not because they knew them, but the love that they have for humanity and their professions have caused them to rise to the highest level of service. This is to give their lives that another person may live. Oh!!! what a friend we have among humanity in the midst of the storms on our journey called life. As we continue to persevere let us not forget that life is precious regardless of who's it is. During this time many families have lost young members as well as older ones. It is these individuals that understand what it means to lose a love one due to an enemy that cannot be seen or heard. They can only deal with the end result of it presence. Too often it presences in many instants lead to death. My love and empathy is with each of you as we fight this pandemic together, that we may collectively rise to a new level of understanding. We are in need of each other.

Chaplain Le'on Willis, Major
Illinois wing
(708)2202500
lmwillisi@yahoo.com

We are sad to let you know that our Wing Transportation Officer, Lt Col Robert Taylor's mother, Dolores Mae Wroblewski, age 91 has passed away. Please keep the Taylor family in your thoughts.
<https://www.anderson-goodale.com/obituaries/Dolores-Mae-Wroblewski?obId=13719234>



CALLING ALL IL WING GRADUATES! CLASS OF 2020

Many of our Wing's members and their families will not get to celebrate graduations in the customary ways this year due to Covid-19. So, to help properly recognize the outstanding graduates in our wing we will be doing a special publication this year called:

A Salute to Our IL Wing CAP Graduates

If you are a graduate this year from
8th grade, High School or College we want to know about it.

Send us the following information: BY 10 JUNE 2020

- Name
- CAP Home unit and grade
- Type of graduation and the name of your school
- A photo either in uniform in a cap and gown, or civilian clothing

Your submissions or questions should be sent to: 2020_graduates@ilwg.cap.gov

We will put together the publication and share it with the IL Wing



ILLINOIS WING



Blood Drive

BE A HERO GIVE BLOOD AND SAVE A LIFE



Illinois Wing Blood Drive Challenge

- Locate a blood donation center near you and schedule an appointment to donate
- Wear your ABU/BDU uniform or squadron t-shirt and take a photo of you donating
- Send your name and unit information and photo to: IL_Wing_2020_Blood_Drive@ilwg.cap.gov
- Collect 2 points for a donation or 1 point for an attempted donation
- All entries must be submitted by 15 June 2020
- Prizes awarded to the unit with the most points
- Questions: Contact Col Dempsey rdempsey@ilwg.cap.gov

Are YOU up for the challenge?

Together We ALL Succeed



From the IG, Lt Col Steven Weber

All SUI or inspections are on hold until released from NHQ. Units already inspected need to correct any discrepancies. For EOHO (eyes on hands on) a photo of that item(s) will do.

Cadet goals can still be drawn up with phone calls as groups. This is one way to keep everyone involved. Allow everyone to input what their units should strive for once this is over.

Letters are still being sent out so units know when their dates are in case NHQ lifts the inspection shut down.

Illinois Wing Inspector General
(C) 847-830-9202

Summer Encampment 2020 Is Cancelled.

We are sorry to announce that due to the stages of reopening, following the White House, CDC, our State guidelines which are in agreement right now and the requirements under the National Headquarters remobilization guidelines, Illinois Wing has determined that we cannot hold our 2020 Illinois Wing Cadet Summer Encampment scheduled for 1-8 August in Marseilles, Illinois.



We thank our encampment commander, Captain Gabe McDowell, and his staff for all the preparation they have done to date. We have asked Captain McDowell to return as commander for 2021, and he has graciously agreed.

We know this is unusual for all of us; We can't imagine a summer without an encampment. Please direct all questions to the Wing Director of Cadet Programs, Lt Col John Higgins

Semper Vigilans! Stay safe and be well.

Together we all succeed!

OPERATIONS

IL Wing has stood up a COVID 19 support mission. Food Banks in Northern IL have requested CAP assistance to distribute meals. Col Dempsey and Lt Col Damron are working with the Illinois Emergency Management Agency to request an Air Force Approved mission for the volunteers. If your local food bank is in need of volunteers they can request assistance via a written request to be added to the mission. NHQ has tasked Mission Pilots with flying Wing Aircraft weekly to keep them in working order. If there are no Mission Pilots at a location then we can use TMPs. When flight training restrictions are lifted we will let you know so we can all get back to flying. For questions contact: Lt Col Joseph Long, Director of Operations Jlong@ilwg.cap.gov (C) 773-569-1413

Hello, Illinois Wing:

Our first glider academy for senior members will be held this fall. If you are interested in becoming a tow pilot, glider pilot or CFI-G and can commit a week to training, please apply.

<https://forms.gle/151Ut1XVLg4Z5LD26>

We can also use a few members as staff to help with all things that happen at a week long event. Please contact Maj Jackie LeFevre if you would like to help. Cadet staff are also welcome.

There may be Region funding available for those willing to commit to obtaining the CFI-G certificate. The commitment letter is found here:

<https://drive.google.com/open?id=1KylswJq213Cu9GK8hrVzrPKtPmSYVZVv>

Have a great week!

--

Adscensio Aeternum,

Maj Jackie LeFevre, CAP

ILWG Glider Program Manager

(C) 224-659-4456

Professional Development

There are less than three months left until the new PD program begins! Take advantage of all the courses being offered. There is another virtual SLS and CLC being planned for June, dates TBD. Stay tuned! In the meantime, please contact your unit's PDO with questions about your PD progress and what you need to focus on next.



North Central Region (NCR) is hosting a virtual conference on 23 May 2020. Register here: <https://ncr.cap.gov/events1/region-conference>.

Please consider signing up to become an instructor for the new program. For details about the process check it out

here: https://www.gocivilairpatrol.com/media/cms/instructor_process_6C2E88D2CA14C.pdf. To apply, send in your resume along with your application

here: <https://forms.office.com/Pages/ResponsePage.aspx?id=EDCbEkSQC0WxWT782jSIE0epCgNeimlGhiPxUswSh5RUMjNNRjE4NkJIUlgxMjVHU0NFTlpKWVhDSi4u>.

We are currently in the lead in the region for instructor applications. Let's keep applying so we can give even better training opportunities to our members.

Now is a great time to make sure your Cadet Protection Basic or Advanced Course training is current. This needs to be completed every four years. For new members and cadets who are about to turn 18 you will have to complete a conversation along with the course. Contact your PDO to make arrangements for this part of the training. The course is in LMS in eServices. If you aren't sure if you need the course, contact your PDO to check your status. Let's make sure we are at 100% compliance when the quarantine is lifted.

















The ILWG PD calendar has lots of resources by advertising courses, conferences, and due dates for the new program: <https://ilwg.cap.gov/members/wing-staff/professional-development>.

1st Lt Jamie Hiles, CAP

Illinois Wing, Director of Professional Development

(C) 325.733.6530

PD Program after 4 Aug 20

Achievement	Level	Pre-Reqs	Cmd or Staff Duty	PD	Specialty Track	Leadership	Activities	Awards
Onboarding	1	N/A	N/A	25 Modules	N/A	N/A	6 months to earn 	Membership Ribbon 
Learning Phase 	2	Level 1	N/A	25 Modules Military PME counts for 4 modules*	Technician Rating	N/A	Yeager 	Benjamin O. Davis Award 
Leadership Phase 	3	Level 2	1 year	25 Modules Military PME counts for 15 modules*	Senior Rating 	Attend 2 conferences	Mentor a member through Level 1	Grover Loening Award 
Senior Leadership Phase 	4	Level 3	2 years	25 Modules Military PME counts for 15 modules*	Master Rating 	Staff in Education & Training or at a conference	Presentation or AE Outreach	Paul E. Garber Award 
Executive Leadership Phase 	5	Level 4	3 years with 1 year at group or higher	25 Modules Military PME counts for 11 modules*	N/A	Staff in Education & Training or at activity in region	Mentor a member through Technician	Gill Rob Wilson Award 
USAF PME earns stars on the Garber and Wilson Ribbons: SOS -  ACSC -  AWC - 								

* Number of modules equivalent to military PME is subject to change

Developed by Lt Col Jacob Hiles, ILWG Asst DPD

**CIVIL AIR PATROL SENIOR PROFESSIONAL DEVELOPMENT PROGRAM
PROGRESSION & AWARDS** (See CAPR 50-17 for Details)

ACHIEVEMENT	LEVEL	PREREQUISITES	COMMAND OR STAFF ASSIGNMENT	PROFESSIONAL COURSES	SPECIALTY TRACK	LEADERSHIP	ACTIVITIES	AWARDS
ORIENTATION	I			LEVEL I ORIENTATION COURSE	SELECT A SPECIALTY TRACK (See CAPR 50-17 Para 4-2b)		STUDY SENIOR MEMBER BINDER MATERIALS	MEMBERSHIP RIBBON
TECHNICAL TRAINING	II	COMPLETE LEVEL I		SQUADRON LEADERSHIP SCHOOL COMPLETE BY JULY 31ST TO ENABLE GRANDFATHER CLAUSE TO COMPLETE LEVEL II BY NOVEMBER 4TH.	TECHNICIAN RATING (LEADERSHIP RIBBON) (See Specialty Track Pamphlets on website)		OBC (OR EQUIVALENT PME) MUST START BEFORE JUNE 4TH & END BY JULY 31ST, 2020	BENJAMIN O. DAVIS AWARD
MANAGEMENT	III	COMPLETE LEVEL II	TOTAL OF 1 YEAR	CORPORATE LEARNING COURSE COMPLETE BY JULY 31ST TO ENABLE GRANDFATHER CLAUSE TO COMPLETE LEVEL III BY FEBRUARY 4, 2021.	SENIOR RATING (BRONZE STAR ON LEADERSHIP RIBBON) (See Specialty Track Pamphlets on website)	ATTEND 2 NATIONAL, REGION, OR WING CONFERENCES, (1 OF WHICH MAY BE A WING/REGION AE CONFERENCE)	EARN YEAGER AWARD	GROVER LOEWING AEROSPACE AWARD
COMMAND & STAFF	IV	COMPLETE LEVEL III	TOTAL OF 2 YEARS	REGION STAFF COLLEGE (OR EQUIVALENT MILITARY PME) COMPLETE BY JULY 31ST TO ENABLE GRANDFATHER CLAUSE TO COMPLETE LEVEL IV BY MAY 4, 2021.	MASTER RATING (SILVER STAR ON LEADERSHIP RIBBON) (See Specialty Track Pamphlets on website)	SERVE AS A DIRECTOR OR STAFF MEMBER OF ACAP COURSE OR EDUCATIONAL ACTIVITY OR NATIONAL, REGION, OR WING CONFERENCE (See CAPR 50-17 para 6-1)	PUBLIC PRESENTATION TO A NON-CAP GROUP OR AN INTERNAL OR EXTERNAL AE PRESENTATION	PAUL E. GARBER AWARD
EXECUTIVE	V	COMPLETE LEVEL IV	TOTAL OF 3 YEARS	NATIONAL STAFF COLLEGE (OR EQUIVALENT MILITARY PME) COMPLETE BY JULY 31ST TO ENABLE GRANDFATHER CLAUSE TO COMPLETE LEVEL V BY MAY 4, 2021.		SERVE AS A DIRECTOR OR STAFF MEMBER OF ACAP COURSE OR EDUCATIONAL ACTIVITY. (See CAPR 50-17 para 7-1)	MENTOR JUNIOR OFFICER OR NCO THROUGH TECHNICIAN RATING IN SPECIALTY TRACK	GILL ROBBWILSON AWARD

Everyone that attended the SD Wing Conference. They have posted all recordings and presentations to the Wing Conference Website <https://sdwg.cap.gov/wc2020>. Please check it out for all those sessions you wanted to attend but couldn't.

EXERCISE SAFETY



**"If you haven't exercised in a while,
you may need to stretch and warm up
before you stretch and warm up."**

With the current Covid 19 situation, many of us are spending most of our time in our home environment. Health professionals are recommending that we get outdoors and exercise for the obvious benefits to both our physical and mental health .

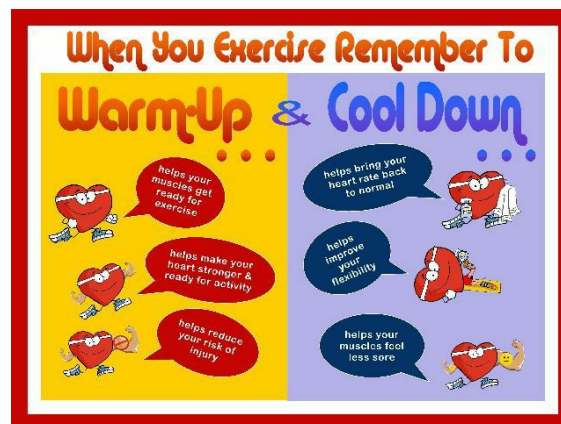
However, if you have just binge watched the entire season of every series on Netflix, jumping prematurely into exercising can have unintended consequences. Here are some tips from the AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS.

Safe Exercise Guidelines

- Use Proper Equipment. Replace your athletic shoes as they wear out. Wear comfortable, loose-fitting clothes that let you move freely and are light enough to release body heat. When exercising in cold

weather, dress in removable layers.

- **Balanced fitness.** Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility. In addition to providing a total body workout, a balanced program will keep you from getting bored and lessen your chances of injury.
- **Warm Up.** Warm up to prepare to exercise, even before stretching. Run in place for a few minutes, breathe slowly and deeply, or gently rehearse the motions of the exercise to follow. Warming up increases your heart and blood flow rates and loosens up other muscles, tendons, ligaments, and joints.
- **Stretch.** Begin stretches slowly and carefully until reaching a point of muscle tension. Hold each stretch for 10 to 20 seconds, then slowly and carefully release it. Inhale before each stretch and exhale as you release. Do each stretch only once. Never stretch to the point of pain, always maintain control, and never bounce on a muscle that is fully stretched.
- **Take Your Time.** During strength training, move through the full range of motion with each repetition. Breathe regularly to help lower your blood pressure and increase blood supply to the brain.
- **Drink Water.** Drink enough water to prevent dehydration, heat exhaustion, and heat stroke. Drink 1 pint of water 15 minutes before you start exercising and another pint after you cool down. Have a drink of water every 20 minutes or so while you exercise.
- **Cool Down.** Make cooling down the final phase of your exercise routine. It should take twice as long as your warm up. Slow your motions and lessen the intensity of your movements for at least 10 minutes before you stop completely. This phase of a safe exercise program should conclude when your skin is dry and you have cooled down.
- **Rest.** Schedule regular days off from exercise and rest when tired. Fatigue and pain are good reasons to not exercise.



Public Affairs!

Posted in the Civil Air Patrol Public Affair Facebook Group



Updated versions of CAP's news release boilerplate have been posted on GoCivilAirPatrol. "Versions" because we came up with long (180 words) and short (130 words) takes. As a general rule of thumb, the long version is probably more appropriate for releases longer than a page, while the short version looks better with a release of only one page.
https://www.gocivilairpatrol.com/.../Boilerplate__May_2020A_7...

At your service,

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